



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, October 9 at 11:00-11:45am

Toll-free call in number: 1-800-391-9177

Conference Code: 450 521 2393#

Sign in with full name of all attendees

Press *6 to mute/unmute your line or

Mute your personal line

Please check the volume on your phone

Agenda

- **Welcome New Champions!**
- **10 Vital Behaviors of a Self Leader**
 - **Champion Sharing of Vital Behavior #9**
 - **Introduce Vital Behavior #10**
- **Sneak Preview: Lifestyle Coaching & Virtual Coaching!**
- **HealthQuest Reminders**

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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HealthQuest
Wellness Champion Network



10 Vital Behaviors of a Self-Leader

#9 Self-Leaders
understand and follow
evidence-based practices
to stay healthy including
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#9 Self-Leaders understand and follow evidence-based practices to stay healthy and make informed health-care decisions.

Maintain biometric and fitness levels at a healthy range through lifestyle and medication adherence

Are informed patients and view their health care providers as consultants and advisors

Have a broad-based team of providers including: medical, pharmacy, complementary care (massage, physical therapy, acupuncture, chiropractic)

Resources:

<http://nih.gov/clearcommunication/talktoyourdoctor.htm>

HealthQuest Health Advisor service and Nurse24

Castlight Health Benefit Decision Support (coming in 2015)

Making Wise Health Care Decisions

<https://www.wpslc.com/learningcenter/wise-decisions/>

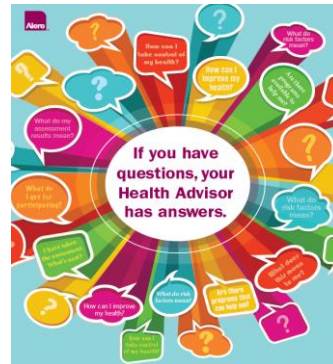
HealthQuest Decision Support / Guidance

NURSE24

Get the help you need and put your mind at ease, 24/7. We can help.

- Talk with specially trained nurses
- Get advice on health concerns, big or small
- Learn exactly what to do in an emergency

HEALTH ADVISOR



Call 1-888-275-1205, option 2
24 hours a day, 7 days a week,

Complete your Health Assessment
Questionnaire. And then, call your
Health Advisor at 1-888-275-1205,
option 6. Earn 5 credits!

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#10 Self-Leaders have developed a growth mindset to seek opportunities for continual learning to enhance each domain of their wellbeing

#10 SELF-LEADERS HAVE DEVELOPED A GROWTH MINDSET TO SEEK OPPORTUNITIES FOR CONTINUAL LEARNING TO ENHANCE EACH DOMAIN OF THEIR WELLBEING

- Develop a growth mindset vs fixed mindset
- Continually investing in self development
- Embrace change
- Have a mentor(s) and become mentor(s)
- Study the values of other cultures
- Not afraid to **fail** – **fast** and often as a confidence builder

Resources:

- TED Talks: <http://www.ted.com/>
- EdX: <https://www.edx.org>
- Coursera: <https://www.coursera.org/>
- Kahn Academy: <https://www.khanacademy.org/>

If you are interested in developing yourself as a leader in wellness and health promotion:

- National Wellness Institute: <http://www.nationalwellness.org/>
- WELCOA: <https://www.welcoa.org/services/learn/welcoa-training/>
- The Cooper Institute: <http://www.cooperinstitute.org/online>
- Centers for Disease Control and Prevention:
http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign/continuing_ed.htm

**FINISH YOUR CURRENT PROGRAM.
GET READY FOR A NEW ONE!**

A new coaching program is launching on November 16, 2014!

- Finish your current Healthy Living Program by 11/15 to earn 5 credits
- Finish your current Health Coaching program by 11/15 to earn 10 credits
- These programs will end 11/15 and the brand new programs will be available 11/16/14

Choose Your Track: Lifestyle or Virtual Coaching



Get Support!

It's a fact. People are more successful when they have a coach to help them make a change. And you (yes, you!) are eligible to work with a coach at no additional cost. Here's what you'll get:

- ✓ **Scheduled Calls:** Coaching sessions over the phone with an expert chosen just for you.
- ✓ **Unlimited Call-ins:** A number to reach a coach ANY TIME between your scheduled calls.
- ✓ **Emails:** You can email your coach with questions any time. Plus, we'll send out tips and reminders to help you stay on track.
- ✓ **A workbook** to help you stay on track (online or printed).
- ✓ **An online Action Plan** to help you reach your goals. Your coach will recommend tasks and track your progress on.



Do It Yourself

Not sure coaching is right for you? No problem! This site gives you the tools you need to reach your goals. Here's how it works:

- ✓ You'll get an Action Plan to help you reach your goal.
- ✓ You work at your own pace. We'll encourage you to take a few steps toward your goals each week, and you'll earn points as you go.
- ✓ Tips and program reminders via email.

[I'm Ready!](#)

COMING SOON!

NEW COACHING PROGRAM

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Choose Your Focus Area

Step 1

Choose Your Focus Area

Where do you want to be six months from now? Pick the area you're ready to work on and we'll help you get there. Let's do this!

Take your health assessment before this step to get personal recommendations for better health.




Reach a Healthy Weight

We'll help you set realistic weight goals, make a plan to change your eating habits and be more active. You can do this!

[Learn More](#)

[Get Started](#)




Improve Your Diet

Learn how to make some simple changes that can lead to lasting results.

[Learn More](#)

[Get Started](#)




Feel Less Stress

Make an easy-to-follow plan to reduce stress and make new habits to feel better.


[Learn More](#)

[Get Started](#)



Be More Active

Make a plan to get more active in a way that will work for you.



Live Tobacco Free

Proven strategies for overcoming nicotine withdrawal, cravings, stress


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Choose Your Goal

Step 2


Pick Your Goal Type

Tell us how you want to start changing your eating habits. You can change your goal any time!




Eat More Veggies

Make It So



Eat More Fruit

Make It So



Eat Less Fat

Make It So

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Set Your Goal

Step 3 * Required Fields

Set Your Goal

Limiting unhealthy fat is a smart goal. The recommended range for fats overall is 2-3 servings per day (1 teaspoon oil = 1 serving). Pick a goal you can reach!

* I'll eat no more than servings of fat per day for the next months.

Continue

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Complete an Initial Survey + Confirm Contact Info

Step 5

Required Field

Contact Info

We need your basics so we can get in touch with you about your program

Name

Text1030207 User1030207

Mailing Address

1054104 Main st

City

Atlanta

State

GA

Step 6

Required Field

One Last Step!

You're about to take one giant leap towards better health. We need a few quick answers from you and then we'll set up your Action Plan. Thanks for enrolling!

Current Height

Feet

Inches

Current Weight

Pounds

Have you used any of these products in the last 30 days? (check all that apply)

☐ None
☐ Cigarettes
☐ Cigars
☐ Pipes (smoked)
☐ Smoke (Pipe or Hookah)
☐ E-cigs or e-cigarettes (also: Chems or Shuff)
☐ E-Cigarettes

In a normal week, about how many days do you get at least 20 minutes of moderate-intensity activity?

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Go to Your Action Plan + Work Toward Your Goal!

(Screenshot shows a Lifestyle Coaching Participant)

Active Living

Manage Plan

Be More Active

Activity by Steps - I want to be active 5 days each week, 8000 steps per day. I'll reach this goal in 3 months.

Update Goal | I Reached My Goal

Healthy Actions

View All Healthy Actions

Getting Started

Get Moving!

Get Support

Beat Your Barriers

Boost Your Cardio

Improve Your Strength

Improve Flexibility

For each reason you have not to exercise, we have a solution and a reason you should.

Set up your activity device and start tracking your steps!

Talk to someone who stays active and ask how they stay motivated

Too busy to exercise? We think not. Learn how one woman was able to fit it in.

Scheduled Calls 1 2 3 4 5 6 Check-in

Next call scheduled for July 23, 2014.

Actions 1 2 3 4 5 6 Check-in

When you finish one action in a week you get a step closer to reaching a milestone.

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Add or Change Your Goal / Focus Area

The screenshot shows a user interface for managing a health plan. On the left, a sidebar contains a 'Current plan' button and a 'Goal History' link. The main area is titled 'Current plan' and features two large cards. The first card, 'Reach a Healthy Weight', includes a download icon, a goal description ('I'll reach a healthy weight of 165 pounds by 09/30/2014'), and a 'View Plan' button. The second card, 'Add Focus Area', includes a plus icon, a description ('You can choose more than one focus area in your plan.'), and an 'Add Focus Area' button. Below these cards is a progress bar labeled 'Actions' with a checkmark and numbers 2 through 6, followed by a 'Check-in' button. A congratulatory message states: 'Congrats! You did at least one item in your plan this week. Use this progress bar to check your progress to your milestone.'

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View and Manage Your Action Plan

The screenshot displays the 'Active Living' section of a health management interface. At the top, there are tabs for 'Healthy Weight', 'Active Living' (which is selected), and 'Manage Plan'. Below the tabs, a section titled 'Be More Active' contains an 'Activity by Day' goal ('I want to be active 5 days each week, for 30 minutes. I'll reach this goal in 3 months.') and links for 'Update Goal' and 'I Reached My Goal!'. The 'Healthy Actions' section lists several tasks with checkboxes: 'Get Moving!', 'Get Support', 'Beat Your Barriers', 'Boost Your Cardio', 'Improve Your Strength', and 'Improve Flexibility'. To the right of these tasks are four specific action items: 'Before you dive in, make sure you know three basic parts to an activity plan.', 'Burning much? Use this tool to find out how many calories you're burning now.', 'Check out this video and learn just how much activity is right for you.', and 'Set up your activity device and start tracking your steps!'. A 'View All Healthy Actions' link is located at the top right of this section. At the bottom, a progress bar labeled 'Actions' with a checkmark and numbers 2 through 6, followed by a 'Check-in' button, is shown along with the same congratulatory message as in the previous slide.

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HealthQuest Program Extension

There's more time to earn the rewards of good health!
The end date for the HealthQuest program is
extended to November 15, 2014.

The next HealthQuest program year will be:
November 16, 2014 – November 15, 2015

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Preventive Exam Reminders

- Employees can report their doctor, dental and vision appointments taking place during the extension period (August 1 – November 15) for credits during the next program year.
- Wait until November 16 when the new program year begins to report these exams on the wellness portal at www.KansasHealthQuest.com.
- As always, the State Employee Health Plan will cover one Well Woman/Well Man, one vision, and two dental exams per calendar year in full (with no co-pay) when using a network provider.

At-home screening kits must be postmarked for return by 10/15/14 to use for current program.

Onsite screening events will resume in December 2014 for the next HealthQuest program year.

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Thank You for Attending Today!

Next Meeting is Thursday November 13, 11:00-11:45am

Secret Question:

Open Questions / Comments



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